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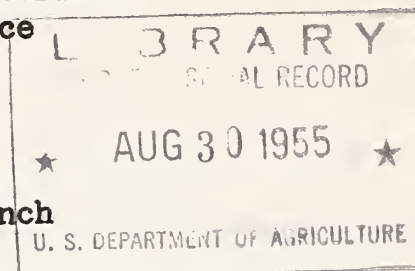
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UNITED STATES DEPARTMENT OF AGRICULTURE
Agricultural Research Service

COOKING WHITE RICE

Human Nutrition Research Branch



Many kinds of rice are on the market these days--regular white rice, various undermilled rices including brown rice, and rice treated in different ways by the manufacturer.

The cooking directions given here are for the regular white rice--the kind that has had all of the outer layers removed and hasn't been treated to retain the vitamins, or has not been partially cooked before marketing. Whether it's long grain, medium grain, or short grain, cooking methods are similar.

RICE IN FAMILY MEALS

Rice, like other cereals, supplies food energy at relatively low cost. White rice is low in protein, although that which it contains is of good quality. It is also low in minerals and vitamins. So when you use white rice, be sure to serve with it foods that supply the nutritive values rice lacks.

Use rice in meals--

With eggs, meat, fish, poultry, milk, or cheese to supply good quality proteins, and vitamins and minerals.

With vegetables, especially green and yellow kinds, to provide vitamins and minerals.

With fruit--fresh or dried, raw or cooked--for vitamins and minerals.

Its texture and mild flavor make rice a good mixer--it combines well with all these foods and can be used in many different ways. You can serve rice at any meal--

For breakfast--as a cereal, with plenty of fruit and milk or cream... in waffles.

For dinner--in meat cakes...with meat or fish in baked dishes...with panned vegetables...in stuffings for meat or fish.

For lunch or supper--with eggs or cheese in omelets or baked dishes... with creamed meat, fish, or eggs...in desserts.

FOLLOW THESE RULES

For white rice at its best, follow these general directions for cooking:

Do not wash the rice unless necessary. Packaged rice should be clean enough to use without cleaning, but if you are not satisfied to use it as it comes from the package, "dry clean" it or wash with very hot water. To dry clean rice, pick out husks and poor grains and rub the rice in a towel.

Cook rice in as little water as possible. It retains more flavor and has a better texture than when a needlessly large quantity of water is used.

Boil rice gently--keep the heat low. Rapid boiling may break the grains, and also may make the rice boil over. Cover the pan loosely.

Do not rinse rice after cooking. If you follow the rules given here, the grains will be smooth and separate without rinsing.

SOME LIKE IT FIRM...SOME LIKE IT SOFT

Some like rice fluffy and dry, firm yet tender, with each grain standing out separately. Some like it more moist so that it packs together easily. Moist rice is best if you're going to make a ring mold or patties or croquettes--they hold their shape better with moist rice. The directions given below tell how to cook rice either way.

Prepared by these methods, 1 cup of uncooked rice makes about 3 cups cooked, enough for six servings.

Short Boil Method...for Firm, Tender Rice

1 cup uncooked rice	1/2 teaspoon salt
2 cups water	1/2 teaspoon bland cooking fat or oil

Stir rice into rapidly boiling salted water. Add cooking oil or shortening to reduce foaming. Bring back to the boiling point, and lower heat until the water is just bubbling. Cover tightly and cook slowly 15 minutes. Turn off the flame or remove the pan from direct heat, and let stand 10 to 15 minutes, covered tightly, for the rice to finish cooking in its own steam.

For Softer Rice

For a softer cooked rice, increase water to 2-1/4 cups and cook slowly for 20 to 25 minutes, or until tender. Serve hot.

Oven Method

1 cup uncooked rice
1/2 teaspoon salt
2 cups boiling water

Place rice and salt in a baking dish. Pour boiling water over rice. Stir, cover, and bake at 350°F. (moderate oven) 30 minutes or until rice is tender.

WHEN RICE IS LEFT OVER

To keep cooked rice for future use, cover it and put it in a cold place.

To reheat rice, steam it in a colander or sieve over boiling water, or add a few tablespoons of water to the rice and heat it in a covered pan over boiling water or in the oven. Stir the rice once or twice with a fork while it is heating.

The following rice recipes are from publications previously issued by the U. S. Department of Agriculture:

MAIN DISHES

Rice with Chicken

1-1/2 cups diced chicken	1-1/2 tablespoons chicken fat
Chicken bones	1/2 cup uncooked rice
Salt	Grated cheese
1 onion, chopped fine	

Cover chicken bones with water and simmer an hour or longer. Drain off broth. Add water, if needed, to make 2 cups broth. Add salt to taste.

In a large fry pan, cook onion a few minutes in chicken fat; add broth. When it boils rapidly, add the rice slowly. Cover the pan. Simmer rice about 25 minutes or until the grains swell and become soft. Stir with a fork from time to time to keep the rice from sticking.

By the time the rice is done, it will have absorbed the broth, and the grains will be large and separate. Then add the chicken and more salt if needed. Turn mixture onto a hot platter, and sprinkle generously with grated cheese. Four servings.

Rice and Beef Cakes in Tomato Sauce

1 pound ground beef	2 teaspoons salt
2 cups cooked rice	1/8 teaspoon pepper
1 egg	2 tablespoons cooking fat or oil
1 tablespoon chopped parsley	2 cups tomato sauce or thin tomato soup*
2 tablespoons chopped onion	

Combine all ingredients except the fat or oil and tomato sauce or soup. Shape mixture into flat cakes and brown on both sides in the fat or oil in a fry pan. Pour the sauce or soup over the browned cakes, cover the pan, and bake at 350°F. (moderate oven) 30 minutes, basting the cakes with the sauce or soup once or twice as they cook. Six servings.

* If a can of condensed soup is used, enough water should be added to make 2 cups.

Sausage and Rice

1/2 to 1 pound link sausage	3 cups cooked rice
1 green pepper, chopped	1 cup milk
1 small onion, chopped	

Cook sausage partly done in fry pan. Remove from pan. Drain most of fat from pan, add green pepper and onion, and cook a few minutes. Combine with the rice and place a layer of the mixture in a greased baking dish. Arrange partly cooked sausage in a layer over the rice and cover with remaining rice. Pour milk over top. Cover and bake at 350°F. (moderate oven) 30 minutes. Remove lid and bake 30 minutes longer. Six servings.

For variety: One-half diced cooked ham may be used instead of the sausage. One to two tablespoons fat or oil will be needed to cook onion and pepper.

Pork Timbales

1-1/2 cups cooked rice	1 cup milk
1-1/2 cups diced cooked pork	1/3 cup meat broth or milk
1 tablespoon finely diced onion	1/2 teaspoon salt
2 eggs, beaten	Pepper

Mix all ingredients together. Divide mixture among custard cups or individual baking dishes. Place cups in pan of very hot water and bake at 350°F. (moderate oven) about 30 minutes or until a knife inserted in the center of timbale comes out clean. Four servings.

For variety: Cooked ham, chicken, turkey, fish, or rabbit may be used in place of the pork. For a company meal, add mushrooms, fresh or canned. Mushroom sauce may be served on the timbales.

Spanish Pork Cutlet

1 tablespoon finely chopped onion	1/8 teaspoon worcestershire sauce
1 tablespoon finely chopped green pepper	6 pork cutlets or lean chops
1 tablespoon coarsely chopped celery	1 tablespoon cooking fat or oil
1 teaspoon cooking fat or oil	6 slices spanish or bermuda onion
1 cup cooked rice	2 tablespoons fine dry bread crumbs
1 cup canned tomatoes	1 teaspoon melted butter or margarine
1/4 teaspoon salt	Few grains salt
1/2 teaspoon sugar	

Brown onion, green pepper, and celery in the teaspoon of fat or oil. Add rice, tomatoes, salt, sugar, and worcestershire sauce. Simmer until thick.

Roll cutlets or chops in flour. Brown in the tablespoon of fat or oil until almost tender. Place in a baking pan. Form a mound (3 tablespoons) of the rice mixture on each pork cutlet or chop and top with a slice of onion. Mix bread crumbs, butter or margarine, and salt. Sprinkle over the onion slices. Bake at 325°F. (slow oven) for 1 hour or until meat is tender and onion is cooked. Six servings.

Liver Loaf

1-1/2 pounds liver	1 teaspoon salt
2 tablespoons cooking fat or oil	1 cup cooked rice
1/4 cup chopped onion	1 egg, beaten
1/4 cup chopped celery	About 2/3 cup milk or canned
1/4 pound pork sausage	tomatoes

Brown the liver lightly in the fat or oil. Remove liver and chop fine. Brown the onion and celery in the fat or oil and add to the liver. Add the rest of the ingredients, using just enough milk or tomatoes to moisten the mixture well.

Pack firmly into a loaf pan to shape. Bake in the pan or turn out on a rack in a shallow pan for baking. Bake at 350°F. (moderate oven) 1-1/2 to 2 hours. Four servings.

To serve with spanish sauce:

2 tablespoons chopped onion	1/2 cup chopped celery
2 tablespoons cooking fat or oil	1/2 cup chopped green pepper
1 tablespoon flour	Salt and pepper
2 cups cooked tomatoes	

Brown the onion in the fat or oil and blend in the flour. Add the other ingredients and cook about 20 minutes, or until rather thick.

Pork Chop Suey

2 cups diced cooked pork
1/4 cup sliced mushrooms
2 tablespoons cooking fat or oil
1 cup thinly sliced celery
1 small carrot, cut in thin strips
1 medium onion, thinly sliced
1-1/2 cups meat broth (or water
with 3 bouillon cubes)

2 cups canned bean sprouts with
liquid
3 tablespoons cornstarch
3 tablespoons soy sauce
Salt and pepper to taste
1-1/2 cups hot cooked rice

Cook pork and mushrooms in the fat or oil over low heat a few minutes, until lightly browned. Add celery, carrot, onion, and broth.

Cover the pan and boil gently 10 to 15 minutes, or until vegetables are tender. Add the bean sprouts and liquid, and heat to boiling.

Mix the cornstarch and soy sauce; add gradually to the boiling mixture, stirring constantly. Cook 2 minutes or until slightly thickened; add salt and pepper. Serve over rice. Six servings, about 1 cup each.

For variety: Rabbit or chicken may replace the pork.

Salmon, Rice, and Tomatoes

1/4 cup chopped onion
1/4 cup chopped green pepper
2 tablespoons cooking fat or oil
1-1/2 cups boiling water
2 cups cooked or canned tomatoes, or
2-1/2 cups chopped raw tomatoes

Salt and pepper
1/3 cup uncooked rice
1/4 cup chopped olives
2 cups flaked canned or cooked
salmon

Cook onion and green pepper in the fat or oil in a large fry pan until the onion is yellow. Add water, tomatoes, and salt and pepper to taste. Bring to boil.

Add rice and simmer until rice is tender--20 to 25 minutes--adding more water, if needed. Add olives and fish and cook 2 or 3 minutes longer to blend the flavors. Four servings.

One cup of cooked rice may be used instead of the uncooked rice. Omit boiling water. Add the rice, olives, and fish as soon as the vegetables are tender and cook 5 to 10 minutes longer.

For variety: Celery may be used instead of the green pepper.

Rice-Cheese-Almond Casserole

1/4 cup canned mushrooms, stems and pieces	1/2 cup grated cheese
1 tablespoon finely chopped onion	1-3/4 teaspoons salt
1/4 cup coarsely chopped almonds	Few grains pepper
1 tablespoon butter or margarine	1 teaspoon meat extract
1/2 cup uncooked rice	1-1/2 cups boiling water and mushroom liquid
2 tablespoons finely chopped parsley	

Drain the mushrooms; save the liquid. Lightly brown the mushrooms, onion, and almonds in the butter or margarine. Add rice, parsley, and grated cheese. Mix thoroughly. Place mixture in a baking dish. Add salt, pepper, and meat extract to the water and mushroom liquid and pour over the rice mixture. Cover. Bake at 350°F. (moderate oven) for 45 minutes to 1 hour, or until rice is done. Six servings.

Baked Rice and Cheese

3 cups cooked rice	1 teaspoon salt
2 cups coarsely grated cheese	Cayenne pepper, to taste
2 tablespoons finely chopped green pepper or pimiento	1/2 cup bread cubes or coarse crumbs
2 eggs, beaten	1 tablespoon melted butter or margarine
1-1/4 cups milk	

Arrange alternate layers of rice, cheese, and green pepper or pimiento in a greased baking dish. Combine beaten eggs, milk, salt, and pepper. Pour over rice and cheese mixture. Toss bread cubes in melted butter or margarine and sprinkle over top. Bake at 350°F. (moderate oven) about 45 minutes or until mixture is set and top is lightly browned. Six servings.

Rice-Carrot-Cheese Loaf

2-1/2 cups grated raw carrots	1 tablespoon finely chopped onion
3/4 cup water	1-1/2 cups grated cheese
3 eggs	1/2 teaspoon salt
1-1/2 tablespoons melted butter or margarine	1/8 teaspoon worcestershire sauce
2 cups cooked rice, lightly packed	Few grains pepper

Parboil grated carrots 5 minutes in boiling water. Drain well and save liquid to use in the sauce. Beat eggs. Combine all ingredients, blending well. Turn into well-greased baking dish. Set in pan of hot water and bake at 325°F. (slow oven) for 50 minutes or until set. Serve with a vegetable sauce.

Rice Omelet

3 tablespoons butter or margarine	Dash of pepper
2 tablespoons flour	2 cups cooked rice
3/4 cup milk	4 eggs, separated
1/2 teaspoon salt	

Melt 2 tablespoons of the butter or margarine and blend in the flour. Add milk, salt, and pepper and cook over low heat, stirring constantly until thickened. Add the rice to the hot sauce. Beat egg yolks thoroughly, stir the hot sauce in very slowly. Fold all into the egg whites, beaten stiff but not dry. Heat the other tablespoon of butter or margarine in a fry pan and add the omelet mixture.

Cook slowly until the omelet has set and browned lightly on the bottom and sides. Then place under a low broiler flame 2 or 3 minutes to brown on top. Crease the omelet through the center with a knife, fold it over, and roll it onto a hot platter. Serve at once. Six servings.

Or, bake the omelet at 350°F. (moderate oven) until set and serve in the baking dish.

For variety: Grated cheese, mushrooms, or onions browned in butter may be spread over the top before the omelet is folded.

A sweet omelet may be made by adding a tablespoon of sugar to the mixture before cooking, and spreading the top with jelly, jam, or marmalade before the omelet is folded.

Peanut-Cheese Loaf

2/3 cup cooked rice	1 cup chopped salted peanuts
1/4 cup chopped green pepper	2/3 cup fine crumbs
3 tablespoons minced onion	1/4 pound cheese, grated (about 1 cup)
1 teaspoon salt	1 egg
2 teaspoons lemon juice	1/3 cup milk

Combine all ingredients. Put mixture into a greased loaf pan and bake at 350°F. (moderate oven) about 1 hour. Serve hot with mushroom or tomato sauce. Four servings.

Eggs Creole

1/4 cup chopped onion	2 cups water
1/4 cup chopped green pepper	1 cup uncooked rice
2 tablespoons cooking fat or oil	Salt and pepper
2-1/2 cups tomatoes	6 eggs

Cook the onion and green pepper in the fat or oil until onion is lightly browned. Pour in tomatoes and water; bring to boiling. Add the rice and cook slowly until rice is tender (25 to 30 minutes). Add more water if rice becomes dry. Season with salt and pepper. Drop in the whole eggs, broken out of shell, cover, and simmer about 10 minutes or until eggs are firm.

If preferred--instead of the poached eggs--quarter 6 hard-cooked eggs and serve on top of the creole rice. Six servings.

STUFFINGS AND SEASONINGS

Fruit Rice Stuffing

1/2 cup chopped onion	1-3/4 cups uncooked chopped prunes
1/4 cup cooking fat or oil	1/4 teaspoon poultry seasoning
3 cups cooked rice	2 teaspoons salt
2 cups cubed apples	1/4 teaspoon pepper

Simmer onion in fat or oil until tender and mix thoroughly with rice. Combine with remaining ingredients. Mix well. Makes about 6 cups. Especially good with pork or poultry.

Rice and Parsley Stuffing

1 small onion, chopped	4 cups cooked rice
1/2 cup diced celery	1/4 cup chopped parsley
1/4 cup cooking fat or oil	1 teaspoon salt

Cook onions and celery in the melted fat or oil until tender. Add rice, parsley, and salt. Toss lightly with a fork. Makes about 5 cups. Especially good with fish.

Curried Rice

2 tablespoons cooking fat or oil	2 cups boiling water or meat stock*
1 cup uncooked rice	1 to 2 teaspoons curry powder
1 tablespoon chopped onion	2 teaspoons salt*

Heat the fat or oil in a fry pan, add rice and onion, stir over low heat until rice is golden brown. Add the boiling water or stock and seasonings. Cover tightly and cook over low heat 20 to 25 minutes or until rice is tender. Six servings.

Curried rice is good to serve with meats or fish at dinner, or for lunch or supper with creamed eggs, chicken, fish, or vegetables.

* If salted stock is used, salt may be reduced.

VEGETABLE DISHES

Rice with Panned Vegetables

1/4 cups uncooked vegetables	3 cups cooked rice, hot
2 tablespoons cooking fat or oil	

Spinach, cabbage shredded fine, summer squash cut in small pieces, or okra pods or green beans sliced very thin may be used. Pack well into the cup when measuring. Heat the fat or oil in a heavy fry pan, add the vegetables, and cover. Cook slowly until tender, stirring occasionally. Add salt and pepper to taste, and serve over the hot rice. Six servings.

For variety: Pan several vegetables together. Add bits of crisp cooked bacon or cooked meat or a little minced onion near the end of the cooking.

Baked Rice and Vegetables

2 cups cooked rice	1 teaspoon salt
1 cup cooked green peas or lima beans	1/4 teaspoon pepper
1 cup cooked carrots or whole kernel corn	1-1/4 cups milk
1 to 2 tablespoons chopped onion	4 slices bacon

Place alternate layers of rice and vegetables in greased baking dish, sprinkling each layer with salt and pepper. Add milk and lay slices of bacon on top. Bake at 350°F. (moderate oven) 30 to 40 minutes or until bacon is well done. Six servings.

Spanish Rice

3 tablespoons finely chopped onion	2 cups canned tomatoes
3 tablespoons chopped green pepper	3/4 teaspoon salt
3 tablespoons coarsely chopped celery	1 teaspoon sugar
1 tablespoon cooking fat or oil	1/8 teaspoon worcestershire sauce
1-3/4 cups cooked rice	

Lightly brown the onion, green pepper, and celery in the fat or oil. Add rice, tomatoes, salt, sugar, and worcestershire sauce. Simmer until thick. If desired, cooked ground or chopped meat or crisp chopped bacon may be added to the spanish rice. Six servings.

A variation of this recipe is stuffed peppers: Cut 3 large green peppers in half, discard the seeds and parboil 5 minutes. Drain peppers and fill halves with the spanish rice mixture. Bake at 400 F.°(hot oven) until brown. Serve with a cheese sauce, if desired.

SAUCES FOR VEGETABLE AND MAIN DISHES

Cheese Sauce

1/4 cup butter or margarine	2 cups hot milk
1/4 cup sifted flour	1-1/2 cups grated cheese
1/2 teaspoon salt	

Melt the butter or margarine; blend in the flour and salt. Stir into the hot milk. Cook until thickened, stirring constantly. Add grated cheese and stir until melted.

For vegetable sauce: Omit the cheese and add 3/4 cup cooked peas to the white sauce.

For mushroom sauce: Omit the cheese and add 1/2 cup cooked mushrooms to the white sauce.

SALAD

Chicken-Avocado-Rice Salad

2 tablespoons lemon juice	1/2 teaspoon finely chopped green onion
1-1/2 cups cubed avocado	
1 cup cubed cooked chicken	1 teaspoon salt
1 cup cooked rice	2 tablespoons sour cream
1/2 cup finely chopped celery	2 tablespoons mayonnaise

Pour the lemon juice over avocado. Combine the remaining ingredients, add avocado mixture, and toss lightly. Chill. Serve on a crisp lettuce leaf. Six servings.

BREAD

Rice Muffins

1 cup sifted all-purpose flour	1 egg
2 tablespoons sugar	1/4 cup milk
1 tablespoon baking powder	1-1/2 tablespoons melted shortening or oil
1/4 teaspoon salt	2/3 cup cooked rice

Sift together flour, sugar, baking powder, and salt. Beat eggs and combine with milk, melted shortening or oil, and rice. Add milk mixture to the dry ingredients and mix only until combined. Fill greased muffin pans two-thirds full. Bake at 375°F. (moderate oven) for 25 to 30 minutes or until brown. Six servings.

Cinnamon Rice Waffles

1-1/2 cups sifted flour	4 eggs, separated
1 teaspoon salt	1-1/2 cups cooked rice
2-1/4 teaspoons baking powder	1-1/4 cups milk
1 tablespoon sugar	1 teaspoon grated lemon rind
1 teaspoon cinnamon	1/3 cup melted shortening or oil

Sift dry ingredients together. Beat egg yolks and combine with rice, milk, lemon rind, and melted shortening or oil. Add to dry ingredients and stir until blended. Beat egg whites until stiff but not dry and fold into the batter. Bake in hot waffle iron. Makes 6 or 7 waffles.

Cinnamon rice waffles are good for breakfast as well as for dessert. Or leave out cinnamon and lemon rind and serve the waffles with creamed meat or fish for lunch or supper.

DESSERTS

Creamy Rice Pudding

1/4 cup uncooked rice	1/8 teaspoon nutmeg
1 quart hot milk	1/4 cup raisins
1/4 cup sugar	3/4 teaspoon vanilla
1/4 teaspoon salt	

Combine rice and milk. Place the mixture in a greased baking dish. Bake covered at 250°F. (very slow oven) 1 hour, stirring 4 times. Combine sugar, salt, and nutmeg. Stir into rice mixture with the raisins and vanilla. Bake mixture uncovered, 1-1/2 hours longer. Six servings.

Molded Rice Pudding

1/3 cup uncooked rice	1/3 cup brown sugar
1/4 teaspoon salt	Maple, almond, or vanilla flavoring
3 cups milk	2 teaspoons gelatin
2 tablespoons butter or margarine	1/4 cup water
1/4 cup granulated sugar	

Cook rice and salt in milk over hot water until rice is soft and the mixture is thick (about 1-1/2 hours). Stir often. Add butter or margarine, sugar, and flavoring. Soak the gelatin in the water a few minutes and stir into the hot pudding. Cool, pour into molds, and chill. Serve plain or with whipped cream or a dessert sauce. Six servings.

Rice Bavarian Cream

1/2 cup uncooked rice
1 teaspoon salt
4 cups milk
1/2 cup sugar
Nutmeg or cinnamon

1/2 teaspoon vanilla
1 tablespoon gelatin
1/4 cup water
2 egg whites

Cook rice and salt in milk over hot water until rice is soft and the mixture is thick (about 1-1/2 hours). Stir frequently. Add sugar, spice, and vanilla. Soak the gelatin in the water a few minutes and stir it into the hot rice mixture. Let mixture cool and, when nearly set, fold in the whites of eggs beaten stiff but not dry. Turn into molds and chill. Serve with whipped cream or a dessert sauce. Six servings.

Fruit and Nut Rice Pudding

Pudding:

2 egg yolks, beaten
1 cup milk
1/2 cup sugar
1 tablespoon flour
1/4 teaspoon salt
1/2 teaspoon vanilla, if desired

2/3 cup cooked rice
2/3 cup cooked and mashed
dried fruit (prunes, raisins,
or apricots)
1/2 cup broken nut meats
1 tablespoon melted butter or
margarine

Combine egg yolks with the milk, sugar, flour, salt, and vanilla. Stir in the rice, fruit, nuts, and butter or margarine. Pour into a lightly greased baking dish, and bake at 350°F. (moderate oven) for 30 minutes. Spread meringue over the pudding to the edge and bake 15 minutes at 325°F. (slow oven). Six servings.

Meringue:

2 egg whites
1/8 teaspoon salt

1/4 cup sugar
Few drops vanilla

Beat the egg whites with the salt until stiff but not dry, and add the sugar gradually, beating after each addition. Add the vanilla last.

For pie: Pour the pudding mixture into an unbaked 9-inch pie shell, and bake 20 minutes at 350°F. (moderate oven). Add meringue and bake 12 to 15 minutes at 325°F. (slow oven).

Rice Cakes

2 cups cooked rice
3 tablespoons sugar
1 egg, beaten

1/8 teaspoon grated nutmeg or
grated rind of 1/2 orange
Fat for frying

Combine all ingredients but fat. Heat a little fat in frying pan, and drop in rice mixture by spoonfuls. Flatten into cakes. Cook over low heat, browning cakes on both sides. Serve plain or with a dessert sauce. Six servings.

Rice and Pineapple Cream

1/2 cup heavy cream
1 cup diced fresh or canned pineapple
well drained
1/2 cup sugar

1-1/2 cups cold, cooked rice
1/2 teaspoon vanilla

Whip the cream until stiff. Combine with the pineapple, sugar, rice, and vanilla. Chill thoroughly before serving. Six servings.

For variety: Other fruits drained from their juices may be used.

Creamy Rice

Rice cooked in milk is creamy and has a pleasing, delicate flavor and higher food value than when cooked in water alone. For cooking in a double boiler or 350°F. oven, use 4 cups milk and 1 cup rice. Season to taste with 1/2 to 1 teaspoon salt to each cup of uncooked rice. Cook 45 minutes or until rice is tender and the milk absorbed.

Creamy rice is good as a breakfast cereal or as a dessert with sugar, flavorings, spices, fruits, or chopped nuts. If cooked until the kernels are very soft and the liquid is absorbed, creamy rice is especially attractive molded, chilled, and served with fresh or preserved fruits.

SAUCES FOR RICE DESSERTS

To dress up a plain rice pudding, custard, or creamy rice:

Honey-Orange Sauce

1/2 cup liquid honey
1/4 cup orange juice

1 teaspoon grated orange rind
Few grains salt

Mix the ingredients until well blended. Makes 3/4 cup.

Honey-Chocolate Sauce

1 cup liquid honey	1 teaspoon vanilla
1/2 cup water	Few grains salt
2 ounces (2 squares) unsweetened chocolate, coarsely grated	

Boil honey and water until it spins a thread (230°F.). Remove from heat; add chocolate. Beat thoroughly after chocolate has melted. Add vanilla and salt. Makes 1 cup.

Peanut Butter Fruit Sauce

1/2 cup sugar	1/4 cup peanut butter
1/2 cup dark corn sirup	1/4 cup raisins or chopped candied fruit
1/3 cup water	
1/2 teaspoon salt	

Mix sugar, corn sirup, water, and salt. Simmer 10 minutes. Cool and add slowly to peanut butter, stirring until well mixed. Stir in the raisins or candied fruit. Makes about 1 cup.

Sour Cream Sauce

1/3 cup butter or margarine	1/4 teaspoon vanilla
1 cup confectioner's sugar	1/4 to 1/2 cup sour cream, plain or whipped
1/4 teaspoon lemon juice	

Cream the butter or margarine. Add the sugar slowly and beat well. Add lemon juice and vanilla. Beat in enough sour cream to make the sauce light and fluffy. Makes about 1 cup.

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